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"LET'S EAT SAUERKRAUT"

Ruth Van Deman, Bureau of Home Economics, USDA. Broadcast in the Department of Agriculture portion of the National Farm and Home Hour Monday, February 15, 1943, over stations associated with the Blue Network.

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RUTH VAN DEMAN: Shipments of American food are going to all parts of the world these days. And because of these increasing demands for our food, all of us at home realize that we must lend a hand -- in the wartime distribution problems -- by using the available foods.

One of the foods on the plentiful list now is sauerkraut. Since the beginning of the war supplies of sauerkraut at your corner grocery store or delicatessen have changed form . . . the tin cans have been drafted for vital war equipment, sauerkraut is now contained in large wooden barrels, and more people are buying their kraut in bulk and carrying it home in paper cartons.

Sauerkraut is a food with tradition behind it. Every country where cabbage grows -- from Scandinavia to China -- has its form of kraut, or in other words, brine-cured cabbage. And every country has its favorite ways of cooking or serving kraut.

From the Norwegians I learned about giving sauerkraut savory flavor with a few caraway seeds and a little fat. Heat the fat in a skillet, add the kraut and the caraway and celery seeds, cover, and cook for 5 minutes. And there it is . . . a most appetizing dinner vegetable . . . quick and easy to fix . . . and right in line with the modern trend in cooking vegetables.

By including sauerkraut in your menus, remember that you will be taking the pressure off canned foods -- and also off those foods that are suitable for shipment to our fighting forces and our Allies.

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